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Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

1.-6. (canceled)

- 7. (new) A damping device for damping acoustic vibrations in rails having a recess, the damping device comprising a recess-filling body adapted to fill the recess of the rail, said recess-filling body comprising one of an extruded and injection molded body material including a thermoplastic material with metal components distributed therein, wherein the density of said body material is greater than 2.4 g/cm³.
- 8. (new) The damping device of claim 7, wherein said density of said body material is in the range 2.5-3.9 g/cm³.
- 9. (new) The damping device of claim 7, wherein said density of said body material is in the range 2.9-3.5 g/cm³.
- 10. (new) The damping device of claim 7, wherein said thermoplastic material is one of the group consisting of polyethylene and polypropylene.
- 11. (new) The damping device of claim 7, wherein said metal components comprise at least one of hematite and magnetite and comprise 35-70% volume of said body material.
- 12. (new) The damping device of claim 7, wherein said metal components comprise roll scale.

- 13. (new) A combination including a rail and a damping device, said rail having a recess, said damping device comprising a recess-filling body adapted to fill the recess of the rail, said recess-filling body comprising one of an extruded and injection molded body material including a thermoplastic material with metal components distributed therein, wherein the density of said body material is greater than 2.4 g/cm³, said recess filling body being received in said recess and connected to said rail by at least one of a permanently free flowing intermediate layer and a metal clip.
- 14. (new) The combination of claim 13, wherein said recess comprises a fishplate recess on said rail.
- 15. (new) The combination of claim 13, wherein said density of said body material is in the range 2.5-3.9 g/cm³.
- 16. (new) The combination of claim 13, wherein said density of said body material is in the range $2.9-3.5 \text{ g/cm}^3$.
- 17. (new) The combination of claim 13, wherein said thermoplastic material is one of the group consisting of polyethylene and polypropylene.
- 18. (new) The combination of claim 13, wherein said metal components comprise at least one of hematite and magnetite and comprise 35-70% volume of said body material.
- 19. (new) The combination of claim 13, wherein said metal components comprise roll scale.